



UNIVERSITY VILLAGE

A Westport Senior Living Community
The Window To Your Future

• A View into Campus Life at University Village •

Autumn 2009

The Window To Your Future

Pets are welcomed at University Village

welcoming



Maggie the boxer, Casaba a Silky Yorkie, and numerous other resident birds, cats, and fish would like to tell you a bit about life at University Village. Maggie, the playful boxer, tells their story.

“As pets living at University Village we hear the buzz about Masterpiece Living. This initiative of successful aging encourages our owners to engage socially, physically, spiritually, and intellectually. Living with us has well-documented benefits in several categories – most notably socially and physically.

“We don’t mind at all that your nurturing instincts flourish us with love and attention. I bet you didn’t know that all the love you pour on us is good for lowering your blood pressure and heart rate, as well as, relieving any stress from your day. Loving and caring for us can actually contribute to improved overall health.

“When I sense my owners need a break or things are too boring in our home, I simply give the signal that it is time for one of my little outings. Note our picture and Stan’s unique tricycle. I help Stan and Polly increase their activity each day.

“Casaba has chimed in here to say that her mom, Pete, walks with her around the Villas and they come across to enjoy the walking path and lake view over in my neighborhood too. We stop obediently for our owners’ social greetings – usually more chatter about great Masterpiece Living opportunities – and welcome a friendly pat or praise for our good behavior.

“Although I hate to admit it, cats are good companions too. Cats here stay in their homes so I don’t see them roaming around and don’t have the opportunity to chase them. They do something called purring and that expression of returned love warms their owner’s heart. A little mushy for a dog, I know; however, I have to give them credit for their unique gesture of love.

“The feathered friends, our resident parakeets, parrots and related species, often have the run of their balcony. Some of them actually entertain their owners by mimicking what they say or what they have learned from hearing the television. Once again, they have my acknowledgement as I have not mastered this human speech. Perhaps some day...

“All of us pets are here to provide companionship, love, and help make life more fun for our owners. Thanks University Village for a great home!”



University Village is a Masterpiece Living Community

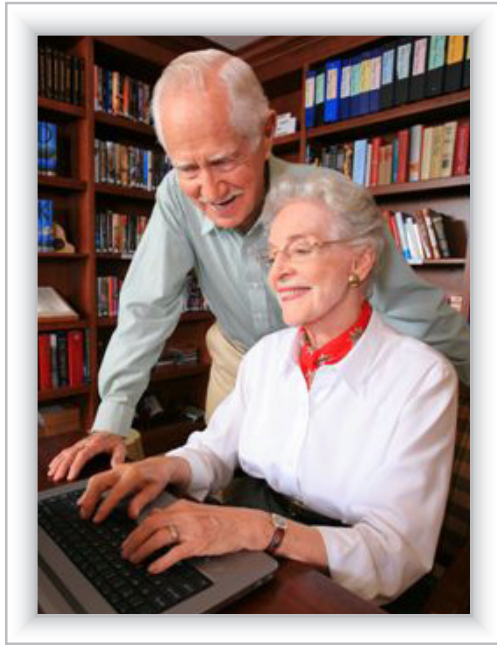
reading

University Village Library

University Village residents know that reading keeps your mind active and engaged and they are grateful for an excellent source of reading materials right in their own community. Thanks to the dedication of a team of sixteen volunteers, University Village has an outstanding library stocked with best sellers, novels, biographies, mysteries, health, humor, non-fiction, World War II, and more plus a section devoted to large print.

Mrs. Lou Alexander is the Chair of the Library Committee. Volunteers shelve the returned books from the cart which fills quickly and must be done numerous times throughout the day. Volunteers have this responsibility for a week about once every two months.

Phyllis Visger manages the popular large print section of the library, and Peggy Kaan has taken on the responsibility of the second floor auxiliary library. Due to space constrictions, two copies of a book are shelved in the main library while any third copies are kept in the auxiliary library. Additionally, older books and the classics are kept in the auxiliary library. As part of giving back to the community, surplus books are donated to local organizations in need.



Reading fulfills the intellectual aspect of Masterpiece Living and also provides social engagement as friends discuss the latest book they finished over lunch or dinner. The documented benefits of reading are many – including improving memory, concentration, and focus.

Lou's interest in the University Village library began when she became a resident over 15 years ago. This remarkable corner of the Commons is a tribute to Lou's on-going efforts to acquire new books, keep the shelves organized and alphabetized, and manage a team of volunteers. She and her team must surely be applauded for their dedication and service to their fellow University Village residents.

Traveling Convenience at University Village

touring

Two of the key factors for longevity or as Masterpiece Living would term "successful aging" are health and happiness. Travel can foster both. Travel changes the routine and keeps the mind sharp, plus offers increased opportunities for walking and other forms of exercise. Travel creates the opportunity to make new friends. In summary, travel can increase longevity by keeping travelers mentally sharp, physically fit, and emotionally connected.



A year ago University Village partnered with Advantage Cruises and Tours to offer residents more convenient travel options tailored to their interests. Mrs. Miskuf, a ten year University Village resident, explained the benefits of utilizing this company, "They take care of all of the transportation, arrangements, and details. This has allowed my husband and me to enjoy traveling again. We have been on several trips already and have more travel planned for this fall and the spring of 2010."

Advantage Cruises and Tours have enhanced the meeting agendas of the University Village Travel Club held from 11:30 am to 12:30 pm on the third Tuesday of each month. Residents and guests are treated to a travel log DVD and/or guest speakers plus receive information and brochures about upcoming travel opportunities. Residents can use their meal plan for the chef prepared University Village lunch which follows. Guests are charged a nominal lunch fee of five dollars.

Residents have participated in Advantage Cruises and Tours bus trips, cruises, and air travel. A few of the destinations have included Helen, Georgia for Oktoberfest; eastern Caribbean cruising aboard Holland America; Branson, Missouri for days filled with entertainment and shows; Saint Augustine for the December holiday celebrations and Washington, DC to enjoy the spring cherry blossoms. If you have a particular destination in mind, they can create a custom itinerary. So, choose your destination, pack, and leave the rest to Advantage Cruises and Tours!

For more information, call (800) 524-5020 today and join us for our next Travel Club luncheon. Or, as residents would say, "Join the Village Vagabonds and see the world!"

Resident Profile – Niel Costello

Niel Costello and her family have been active Temple Terrace residents for 40 years. Her daughter, Gail, recognized that her mom disliked being alone in the big house after her mom stopped working and her father passed. Gail said, “Mom knew that University Village was ‘the place to be.’ She already had friends here and she wanted to stay close to other friends.”

They visited Aarene in the marketing department several times and then Aarene called and said, “The perfect ground floor apartment has become available.” Mother and daughter both agreed – it was indeed everything they had been looking for. That synched the deal and Niel moved in late June. Muriel Upton, a resident and long-time friend and golf partner, came running in to greet Niel and said, “This is the happiest day of my life!”

Niel lives with Missy, her 12 year old Boston Terrier, and her five year old pet turtle named Hurricane. Niel feels safe walking Missy morning or night and loves the easy access to and from her porch. While Niel admits that she is still getting settled into her apartment and going through old memorabilia, she is thoroughly enjoying her new life. Niel commented, “There is such expertise here and the residents are so active and involved in the community.”

Both mother and daughter are amazed at how friendly the residents and staff are. Niel is an avid reader, plays bridge and bingo weekly, attends the movies and special events, participates in the Wednesday Bistros, and is enjoying making new friends.

Gail travels and cannot always be close by. She has peace of mind knowing that her mom is safe, has friends and staff watching out for her, and that should her mom need it, help is only a phone call away. Gail said, “I know it has been said before; however, I wish we had made this decision sooner.” Niel nodded with a broad smile, looked at her watch, and said, “I am sorry to cut this short. I must go and get ready for dinner – my friends will be waiting!”

introducing



Recipe of the Month from Chef Fred

Sweet Potato Casserole

- 3 cups sweet potatoes
- 1 cup brown sugar
- 2 each eggs
- 1 teaspoon vanilla extract
- 1/2 cup milk, 2%
- 1/2 cup butter
- 1/2 cup brown sugar
- 1/3 cup flour
- 1/3 cup butter
- 1 cup pecan, unsalted

Combine first 6 ingredients. Pour into a buttered 1 1/2 to 2 quart cassarole dish. Mix remaining ingredients together and sprinkle over top. Bake at 350F for 30 to 40 minutes, until hot and browned.

tasting



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• In This Issue •

Autumn 2009

- *Pets are welcomed at University Village*
- *University Village Library*
- *Traveling Convenience at University Village*
- *Resident Profile – Niel Costello*
- *Recipe of the Month*

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